UPPER MONTCLAIR, Oct., 18, 1874. mileld Dagarra / Star .- Looking ever my old papers not long since, I came scross an Almanac, 1818, which has the enclosed postry on "The Lovers of Rum" which I would like to see in print in your

"THE LOVERS OF RUM. To find from what ou over they come Whence most of confusion and strife, Alas I from lovers of rum.

I met with a fair one distressed l seked whence bur sorrow- could co replied. * Eam sorely oppressed." My busb ind's a lover of rum."

I found a poor child in the street. Whose limbs by the cold were all nu No stockings or shoes on his fect—H.s Father's a sover of rads.

I went to collect a small debt,
The master was absent from home,
The sequel I need not relate,
The man was a lover of rum.

I met with a beggar in rage,
Who saked for a triffing sum—
I'll tell you the matter why he begs—
He once was a lover of rum,

Pre seen men from health, wealth and east Untimely descend to the tomb— I need not describe their discuse, Health they were lovers of rand.

Ask prisons and gallows all,
Whence most of their cu-tomers comeFrom whence they have most of their calls
They'l tell you the lovers of run."
A HATER OF RUN.

HOW TO EAT WINELY. BY W. W. HALL, M. D.

The maintenance of human life consists in the expenditure and renovation of the strength of the system, expended in exer-cise or labor, renewed by eating nutritious

When any part of the body begins of feel the want of recuperation, the sensation instinctively and promptly ands an influence to wards the stomach which caused influence to wards the stomach which cau-ses certain vessels on its inner surface to fill with a fluid, which more and more distends them, causing an increasing dis-quietude as they become fuller, amounting to actual pain and even death eventually, unless attended to. This is

a calling for something which appeared that something is food which, as soon a it reaches the stomach, touches the distend it reaches the stomach, touches the distended yessel, causing them to unload them selves, as, sometimes, when hungry, and something is put into the mouth so eat, a spurting out of fluid from the sides of the cheeks has been experienced. This discharge from the vessels of the stomach unburdens, unloads them. A grateful sense of relief is experienced, and we are sense of relief is experienced, and we are hungry no longer; as when a boil ceases to pain as its contents escape, as an inflamed the perienced by anything which causes it to water. This liquid, which is poured out from the turgid vessels on the inner of lactation. out from the turgid vessels on the inner surface of the atomach in among the food which has been taken into it, is called a boat opened a fresh at ek of Gunda, such all

LEMBURG FREINGS ATTACHER TINGS from a Greek word meaning stomach This gratric juice envelopes every particle of f.od and desolver it from without in wards, as bits of ice are dissolved and melted away in a glass of water. This process of dissolving, of melting away these particles of food is called wor way is

the object of which is to place the food in a condition for having its nutritious portion withdrawn and appropriated to the restrengthen and energize; and as the smalle the bits of ice in the water are, the soone are they melted, so the more completely our food is comminuted before it is swallewed the more easily, and reputite is it dissolved when it enters the stomach, and the More premptly does it support its strength to the system. Hence the best preventive and the

BEST CURE POR DYSPERSIA. which is a diffi ulry or an entire failure in the dissolving of the food in the stomach is a sharp table-knife to out it up in pea-sized pieces beforedt is put into the mouth, and, next to that, good sound teeth to chewit well, slowly, and long, until it is mashed or ground up into a soft pulp, be-fore it is swallowed into the stomach Regular and habitual attention to this would prevent and cure half the damep.

Many of the ancients acted wisely and well in reterence to eating, in having fools, or jesters, at the principal mest of the day, especially on festive occasions, who by their silly or witty remarks, should excite mirthfulness and conversation; the protracted consuming of a report, the of the olood, and thus energize all the proceases of digestion and nutrition. To put in silence, or suchess of in a source frame of minding horrer not to be thought of, and any member of a family who comes thus into the firm account about done per-emp or ly sent fout a table. A burn ng shame and a withering contempt be to any man or women who comes to the family board, even once a year, to carp and com-plain and fret, making it a place of un-lovely grumbling and contemptible fault-fluding, to any nothing of the base ingrati-tude and crying no against the beneficent enthor of our being in pertaking of his sounty in a frame of mind so wicked and o nawise. For moral, social, and physiological reasons, every p reon who pretends even to a moderate amount of intelligence and cultivation and refurement, about consider it a wisdom to humself, a duty to his Maker, and a beneficence to his family. to come into the dining-room with joyous-ness and gratitude, with cordial and cour-teous greetings and kindly recognition of each individual present; a cheery word and

a genial smile for every one.

As the gastric juice is necessary to diestion, and as hunger is a result and an indication of its presence, it is most upthere being little or no gastric inics to dissolve the food, it remains in the stomach unchanged, to be a load and a "weight, and a cause of disquietude and injury and suffering, perhaps, for several hours. And yet many sit down to the table without an appetite, and thinking they must ear, as a matter of course, that if they do not now, they will feel hungry latter on, when it may not be convenient to get any thing; they begin to nibble at this, that, and the other estable before them, and the fore they know it, have taken a presse good meal, but merer, by any possibility good meal, but sever by any possibility without injury, most likely a restless night disturbed, dreams, vomiting, distribute, or dangerous billous calle. When a regular meal is taken it requires about five on and the benefit of more than twenty. Barike out all the second section after the bours to fliggest it and pass it out of the five years' experience in his profession, word "bribary."

have left the table, we est again, the new food being in a crude condition and not in that state of forwardness for yield-ing nutriment as that which had been previously taken, yet being mixed up with it, the entire mass is not in a condition to meet the wants of the system, because the process of the digestion of that which was first eaten is arrested and cannot go on until that which was eaten latter has been until that which was eaten latter has been brought up to its point; just as when cold water is poured into that which is boiling, the process ceases until that which was cold is brought up to the builing point. But this protracts the presence of the food in the stomach so unnaturally long that the whole mass begins to ferment and decay, is literally in a rotting condition, generating the most nauseous gases, which are belched up, filling the air with disgusting fumes.

It is not wise, then, to est:

1. Without cutting up the food in very small pieces.
2. Without chewing it slowly, thor

oughly, and well.

3. Without a pleasurable and even hilatious state of mind.

4. Without feeling hungry.

5. Without allowing four or five hours between meals.—Christian Weekly.

HORSE BEANKETS. LACTATION AND ITS MPPROT. II

Can lactetion have any effect in deter-nining the moral character of infants? A riend of mine, says Dr. Robert Chambers in his scrap book, has a son who, on account of the death of his mother immediately after his birth, was given out to be nursed by a woman in hamble life. This woman was afterwards f and to be very worthless. The boy, who is now in his worthless. The boy, who is now in his exteenth year, has already been a source of great distress to his lather, in consequence of strong traits of character desti-ute of probity. He cannot be corrected by any kind of discipline out of a propentity to desimulation. The strange thing mout him is, that no sooner does he commit some gross offense, than he expresses regret for what he has done, promising never to do the like again, and then all at most commits some fresh mischief, to be in ura repeated of. As a last resource, he was sent to a school at Brussels but he ran way from it in disgraceful of comstances, mue to London, and entered the army as a private soldier. This, as usual, he said was sorry for, and wished to be tought off His father, however, and he would only do so on his rising, by good conduct, to see a corporal. So he went with his egiment to India. [There, as was afterward learned, he died.] My friend, the tather of this unhappy youth, impartes his moral imperfections to lactation. He was, he thruks, vitiated by the milk of his nurse. And he says he is warranted in

their organization, may partake of a cor-rupt element from a milk-nurse. The con-stitution of a new tring in our species is not completed at birth, as it is in some of he lower animals. The lactation is Portion of the process of reproduction.

That portion being conducted by a distinct parent of inferior moral character. may be the means of introducing the de-pravity where originally, all was morelly fair. In other words, we might say that at birth a child is not thoroughly quit of its mother. I Nature designs the connection to subsist until the period of milk-

nursing is past.

In the Cultures Collections is a passage Aprensing the sentiments of the wife of Sir James Stewart, of Coltness, who was Lord Provost of Edinburgh in 1650. She strictly declined the offer of her husand to have her children sent out to hired wet-nurses, saying she should never think her child wholly her own, when another discharged the most part of a mother's luty, and by wrong nourishment to her tender babe might raduce wrong habits or noxious diseases. She added: "I have fren seen children take/more a strain of their nurse than their mother."-Inter

THE REAL GENTLEMAN.

He is above a mean thing. | He invades to secret in the keeping of another. He He never struts in borrowed planage. He never takes selfish advantages of our mistakes. He uses no ignoble wespons in controversy. He is a hamed of innendos, the is not one thing to a man's face and another behind his back. If by accident he comes in possession of his neighbor's counsels be passes upon them an act of instant oblivion. He bears sealed packages without tampering with the wax. Papers not meant for his eye, whether they flutter at the windows or lie ones before him in augusticed exposure, are sacred to him, ite anwades no privacy of others, however the sentry sleeps. Bolts and bars, locks and keys, hedges and pickets, bonds and sequrities, notices to tresspaners, are none of shem for him. He may be trusted alone out of sight, near the thinnes; partition—anywhere. He buys no offices, he selfs none, he intrigues for some, the would rather tail of his rights than win them through dishonor. He will cat homest bread. He tramples on no sensitive ceiling, the insults no man. If he has telluke for another be is straightforward open, monly, lie cannot descend to accuropen, m saly; he cannot descend to scur trity. In short, whatever he judges to a A Dyapeptic.

less, after a regular meat, he is a dys or less, after a regular meal, he is a dyspeptic beyond question, and it shows that the stomach is not able to work up what he has eaten, so as to get nourishment out of it; but, to eat again, and thus impose more work, when it could do nothing for what had been already eaten, is at abaurdity, and yet all dyspeptics who eat whenever they are hungry do this very thing, and thus aggravate and protract their sufferings. their sufferings.

MORRIS PEMALE INSTITUTE. The distinctive character of this institu have been cambined superior education advantages with the choicest home accou modations. It is, in the best sense of the term, a home school.

EDUCATIONAL ADVANTAGES. First of all, only the most compete amitted to inexperienced bands. principal, besides superpliending all the the departments of the school, gives a large rational share of his time to the instruction of class-

Not the test of the NAMA, S. J. September of Months and Man States. S. J. September of Man St

the stomach, but if before this time, after The vice-principal, a lady of culture, and of large experience as a teacher

of large experience as a teacher in some of ur best city a hools, will have the more immediate supervision of the family pupils.

The mode of instruction is designed to be thorough and effective is the highest degree. Pupils will be taught first of all here to study; how to apply their mints to the test suivantage in learning a lessen. Unceasing effort is made to cultivate those habits of attention and of close application which lie at the foundation of all solid attainments. The course of study embraces all the

branches of a thorough English education, combined with the polite accomplishments which, in their combination, give strength and diggity and at the man time, grace

and diguity such at the same take, grace and degance to women.

Pupils are admitted to a partial, as well as the full course; but it is expected that they will pursue their studies in the order here laid down, as the eyatematic prosecution of study, so far as it goes, is far better than that irregular, miscellaneous course which many pursue.

A multiplicity of studies at one time, more than can possibly be pursued with pay profit is not encouraged or showed. Irregress will be measured, not by the number of studies goes over in a given time, but by the theroughness with which they are pursued.

At the close of the year, certificates are awarded to those purils who reach the highest mandard of excellence in acticlar-sing and deportment, and also to those who excel in composition. Through the liberality of a former pupil, who has appropriated funds for the puppose, a gold medal will be awarded to the pupil who may present, at the close of the school year, the best beat of priginal compositions. of the year, the decision to be made by a committee appointed for this purpose.

Diplomas are conterred upon thise who cieditably complete the full course of study in the English department.

the best instruction in music, in the mod ern languages, and in drawing and paint

The department of music will be under the charge of Mr. P. G. Illies, whose system of matruction has given the highest satisfaction. Every effort will be made by proper instruction, by the full attention 1 practice, and by frequent rehears in wencourage publis to reach a high standard of excellence in musical culture.

In yet lealture, the masts paraged lists in method is exclusively used.

A public musical source is given at the close of the year.

In the French department, pupils are Protestant lady, who, besides speaking with pure Parisian account adds to other accomplishments of high order a lamiliar knowledge of the English language.

PAMILY AND HOME CHARACTER OF THE

As the number of boarding pupils is here s preserved on a senie that we cures to each pupil is missis small constant attention to her health, her habits and her deportment, as well as to her studies in her hour of exercis and recreation, as well as in the class-room and study-hall. It is the sim of the Prin restraints of a well regulated Christain home taking eare that this bone influence, so essential to the right development of female obsracter, shall not be dissovered from their enjoyment of higher edu-a-

quality, sitting at the same table, and worshipping at the same family altar. In all their intercourse with saci chier, pupile are taught to represe selfishness, to exercise the sacial and benevolent affections, and to observe a sacred regard for truth. Proquent opportunities are given for social intercourse, regulated, however, of its usages of refined society. With teachers of high) social cultivation, and pupils coming from families who are accus ford excellent opportunities for social improvement. And to these the perfect order h m from various interruptions, and the ers—circumstances indispensable to her progress, but which very few private families and large institutions are able whelly to provide and it is nowlong that such a

hool must afford the highest facilities for general improvement.

BREQUINS.

Yours, &c., JOEL PARKER, Governor

Proposed Amendments to the Constitution of the Sinte of New Jersey. RIGHTS AND PRIVILEGES.

insert as paragraph 19, a new puragrapa, s ship or village, shall hereafter give any money or property, or toan its money or credit, to or in aid of any individual, association or corpora-tion, or become security for, or be directly or indirectly the owner of, any stock or bonds of

Insert sa paragraph 20, a new paragraph follows: of money shall be made by the state or any municipal corporation to or for the see of any society, association or enrication was ever."

Change the number of present paregraph is AND

ansing Tel Directionent "And further provided, that in time of to she do not the Builted States, in the seasons the United States, in the seasons to the United States, in the seasons to the seaso

ARTICLE IV. 8 Birt I out the words " second Funday of October" and lesert in iten there of the words ' first Tuesday after the first Mon lay in November

Paragraph 7 Strike out the following words: Paragraph 7—Strike out the following words:

"A compensation for their services to be as cert-ined by law, and paid out of the treasury of the state; which compensation shall not exceed the sum of three dollars per day for the period of forty days from the commencement of the session, and shall not exceed the sum of one dollar and fifty cents per day for the remainder of the session. When convened in exten acasion by the fovernor they shall receive such sum as shall be fixed for the first forty days of the ger many possion. They shall sho days of the er mary specien. They shall also when they shall travel in going to and syturning and meert in then thereof the following

"Annually the sam of five bundred dollars during the time for which they shall have been elect d, and while they shall hold their office, and no other allowance or emolument directly or indirectly, for any purpose whatever," Also strike out the words "per diem."

Nection VII.
Paragraph 4—Add to the paragraph the follow No law shall be revived or smeuded by he "No law shall be revived or smeuded by helerence to lustific only but like act revived, or
the section or sections membed, shall be inserted, at length. No gener I haw shall smbrace
any provision of a private, special or least charsecter. No act shall be passed which shall provi's that any exis ing law or any part thereof,
shall be made or deemed a part of the set, or
which shall enact that any existing law or any
part thereof, shall be applicable, except by inserting it in such act."

Paragraph 6-Insert the word "free" between the word "public" and the word
"schools," and add to the paragraph the following:

"schools," and add to the paragraph the fol-lowing:

"The legislature shall provide for the main-tenance and support of a thorough and efficient ayatem of free public schools for the instruc-tion of all the children in this state between the ages of five and eighteen years."

3 trike out paragraph 8 as follows:

"8. The assent of three-fifths of the mem-bers elected to each house shall be requisite to the passage of every law for granting, continu-ing aftering, smeading or renewing charters charters shall be limited to a term not expecting twenty years."

Change the number of present paragraph ! Insert as paragraph 9, a new paragraph, as BRAGAW & BATES, oliome: has gradul saures bus bus addition named, unless public notice of the intention to apply therefor, and of the general object there is shall have been previously given. The legislature at the next session, after the adoption hereof, and framitime to time therefor, shall prescribe the time and mode of giving such notice, the widence hereof, and how such evidence shall be pre-crited. In a new paragraph, as follows:

"11. The legislature shall not pas privated coal or special laws in any of the following numerated cases that is to say:

**Laying out, opening; altering and working. da or higawaya i but is a field you be to be a field you be to be plot, street, all y public grounds. by public growths. 2001.

"Resplating the internal artains of towns and counties; appointing local offices or commissions to regulate municipal affi irs.

'S lecting drawing, summoning or empanding grand or petit jurors.

"I reating in-reasing or decreasing the percentage or allowance of public differentiating the term for which said officers were elected of appointed.

'Changing the law of descent. Granting to any corp ration, association of

ndividual the right to lay down railroad tracks.

"Providing for changes of yenue in civil or rimbal cases. Providing for the management and support of free public acheols.

The interest half has general keep poviding for the cases enumerated in this paragraph, and for all other cases which, in its judgment may be provided for by general laws. The tegislature shall pass no special act conferring corporate powers, but they shall pass general laws under which corporations may be organized and corporate powers of every maure obtained authlect, nevertheless, to repeal or alteration at the will of the legislature."

Insert as purigraph 12, a new paragraph, as follows:

"13 Property shall be assessed for taxes we der g neral laws, and by uniform rules, according to lib true value."

insert as paragraph ?, a new paragraph, as " 2. Every officer of the legislature shall, be

scribe the following outh or affirmation: "I do solemnly promise and swear (or affirm) that I will faithfully, impaitfully and justly perform ill the duties of the office of — to the best of my ability and understending: that I will carefully preserve aff records, papers, writings or property entrusted to me for safe keeping by the same as may be seen affected in the same as may be seen affected. of the same as may be required by law. It and ROCERIES PROV MASTERA

"If any bill presented to the governor on "If any bill presented to the governor con-tain several items of appropriations of money, he may object to one or more of such items while approving of the other portions of the bill. In such case he shall appe d to the bill, at the time of signing it, a statement of the items to which he objects, and the appropriation so objected to shall not take effect. If the sais-lature he in session he shall transmit to the house in which the bill originated a copy of such statement, and the item, objected to simil be separately reconsidered. If, on reconsiders tion one or more of such items be approved. is not approved by the governor shall apply

Paragraph & Add to the paragraph the fol-Nor shall be be elected by the legislature to spy office under the government of this state or of the United States, ander the term for which he shall have been elected governor."

ARTICLE VIL

Paragramh 5. After the words," major generals," insert the words the adjutant genera nd quartermarar-general."
P ragraph 9 Strike out the words

Paragraph (Strike out the word " and ' (where it occurs first) in the paragraph, and in sert after the word " appeals" the following words: ' and the keeper and inspector of the state person, and lasert in the thereof the state prison; 'and insert in ficu thereof the proving "app comptroller,"

Also strike of the words! one year? In the second clause of paragraph of section 2 and insert in lieu thereof the words! three years."

Onsert in lieu thereof the words "three years."

Onsert in lieu thereof the words "three years."

Onsert in lieu thereof the word "three years."

and the mamber of present paragraph to number 3, and 'trike out the word 'nd" where it occurs between the word 'chancery" and the word "secretary."

"Also, insert after the word "state" the words "and the secretary."

Change the number of present paragraph 6 to number 6, and strike therefrom the words summaber 6, and strike therefrom the words summably. "saneually "sineual," and "they thay be re-sleeted until they shall erve three years, but no lenger." Insert after the word "assembly" the following words, "and they shall hold their off a for three years;" and add to the paragraph the following words. "sheriffs shall an annually and her souds."

Change the number of present paragraph 8 to number 7.

Change the number of present paragraph 9 and

Special Announcement.

We have concluded positively to sell out our entire business, as soon as possible, in comes quence of Mr. E. Eiverson engaging in other business January ist, and shall offer such great inducements that must insure the speedy sale of the entire stock. THERE IS NO HUMBUG

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Foot Barchy and Christopher Stat, N. Y.

Leave Montclain a. s. 5 55, 7 30, 8 20 9 20; p. m., 18 50, 1 30, a 40, a 10, b 56 a 1 40, a nd on Friday, only at 1 15 4 M Leave Ridgewood a. m. 6 5 7 3 8 310 32; p. m., 18 5, 3 45, a 12, 5 55 a 48, and on Fridays only at 1 18 4 M Leave Ridgewood, a. m. 6 0 7 27, 3 310 3 30 10 36; p. m., 187, 3 47, a 16, 501, 6 51, a 16 a 16 p. m., 187, 3 47, a 16, 501, 6 51, a 16 a 16 p. m., 187, 3 47, a 16, 501, 6 51, a 16 a 16 p. m., 187, 3 47, a 16, 501, 6 51, a 16 a 16 p. m., 187, 3 47, a 16, 501, 6 51, a 16 a 16 p. m., 187, 3 47, a 16 a 16 p. m., 187, 3 47, a 16 a 16 p. m., 187, 3 55, 5 25, 6 10, 7 00, 9 58, a 16 a 16 p. m., 187, 3 55, 5 25, 6 10, 7 00, 9 58, a 16 a 16 p. m., 187, 3 55, 5 25, 6 10, 7 00, 9 58, a 16 a 16 p. m., 187, 3 40, a 187, 5 constituent 574 died alta al con-GOING BAST, STE bus you

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Leave Poupton Junction, 7 and 7 58 A. M. Marketin Pric. 7 at 8 43 x is 8 2 6 c s. Mosta Lar. 2 58 b 53 2 46 x Mosta Lar. 2 58 b 53 2 20 3 Mosta Lar. 2 58 b 53 2 20 3 Mosta Lar. 2 58 b 53 2 20 3 Mosta Lar. 2 58 b 53 2 20 3 Mosta Lar. 2 58 b 53 2 20 3 Mosta Lar. 2 58 b 59 2 20 3 Mosta Lar. 2 58 b 59 2 20 3 Mosta Lar. 2 58 b 59 2 20 3 Mosta Lar. 2 58 b 50 3 Mosta Lar. 2 58 b 50 3 Mosta Lar. 2 58 b 50 50 Mosta Lar. 2 50 50 Mosta Lar. 2 50 50 Mosta Lar. 2 50

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